

Contraception Methods

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Birth control

Birth control is preventing fertilization or to interrupt [pregnancy](#) at various stages. It is known as contraception.

Birth control techniques and methods

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What is contraception?

Contraception means preventing pregnancy, also called birth control. Birth control pills and condoms are the most preferable and easy using methods. If people use the contraception methods properly only, the result will be effective. Improper and discontinuous usage may end with the failure results.

"No" to sex

This method of birth control is 100% effective. If people avoid sexual intercourse, that will be the best effective method for the control of birth.



Diaphragm



Cervical cap



Barrier methods of birth control

Barrier methods prevent pregnancy by blocking sperm from getting into the uterus. They are the diaphragm, the cervical cap, contraceptive sponges and condoms. Barrier methods must be used every time people have sex.

Side Effects of Barrier methods:

Urinary tract infections and allergic reactions are more common risk of using the barrier methods.

Hormonal methods of birth control

This method prevents ovulation. It includes the birth control pill, the patch, the vaginal ring, hormone shots and implants.

The Birth control pills

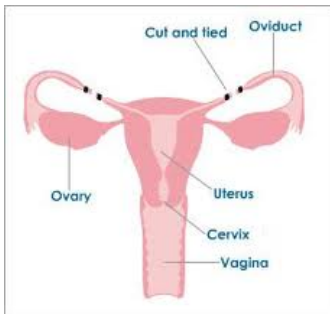
The birth control pill (example: saheli) is an oral contraceptive. For the pill to work, it should be taken every day.

Some common side effects of birth control pills:

- Nausea, headaches, acne, increased blood pressure, breast tenderness, bloating, weight gain and depression.
- However, not every woman who takes the pill will have side effects. Smoking increases the risk of serious side effects, such as blood clots.

IUD- Intra Uterine Device

An IUD is a small, T-shaped device put in a woman's uterus by her doctor.



Two kinds of IUDs

1. One contains copper and the other releases a small amount of the hormone progestin. The copper IUD has been in use for a longer period of time. It lasts for up to 12 years.
2. The hormonal IUD is similar in size and shape to the copper-containing IUD, but it is safer and has fewer side effects. It lasts for 5 years.

Sterilization

Sterilization is when a man or woman has a surgical operation to permanently prevent pregnancy.

Tubectomy for women

Tubal ligation involves closing off a woman's fallopian tubes. So eggs can't travel through them to reach the uterus.

Vasectomy for men

The doctor closes off the man's vas deferens (sperm ducts). So sperm can't get through.

Natural family planning

Natural family planning is to be explained to couples through counseling and judging the menstrual cycle and the fertile period in the mid cycle to be explained to them properly and advising them to avoid sexual intercourse in the time to avoid pregnancy.

Withdrawal

It is a method a man tries to pull out his penis before ejaculating semen.

It is not 100% effective because when he does it, he usually leaves behind a small amount of fluid that leaks from the penis during sex. This fluid has enough sperm in it to cause pregnancy.

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Reference Links:

- http://en.wikipedia.org/wiki/Birth_control
- <http://en.wikipedia.org/wiki/Contraception>
- <http://lifestyle.iloveindia.com/lounge/female-contraceptives-393.html>
- <http://familydoctor.org/online/famdocen/home/women/contraceptive/016.html>

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